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# Sacred Ground,: Path to Recovery

*Christina Kook, Grand Master Greg Yau*

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**Sacred Ground,: Path to Recovery** Christina Kook, Grand Master Greg Yau
Sacred Ground: Path to Recovery reveals the secrets of self-healing and managing chronic pain. Grand Master Yau explains that emotional and physical rejuvenation takes only minutes a day. The practices cultivate a calm mind and nervous system and develop internal strength, vitality, and grounded ease. William C. Gough, co-founder of The Foundation of Mind Being Research says it this way: "Grand Master Greg Yau has developed a methodology for promoting health and body strength based upon the ancient techniques that give foundation to Shaolin Gong Fu. It uses the physical body as the foundation for connecting to the Universal Energy of the Absolute. This process for strengthening the body can provide a pathway for a person to reach enlightenment and represents the spiritual aspects of these ancient practices. The process involves working with not only the anatomy of the physical body, but with one's mind and energy body - i.e. the subtle energy flows of the acupuncture and meridian systems."

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